



Pre-deployment Preparation



Chaplain

//UNCLASSIFIED//

ECRC

***Supporting Sailors and
their families***



Dear Shipmate.....



I am sure you have a mix of emotions since you received your orders for mobilization. Individual deployments are so different from traditional Navy unit deployments. You do much of it alone, and so does your family. It's not impossible, but it's has its unique challenges.

In the days and months ahead and during your week processing at ECRC you'll do lots of things to prepare – equipment, medical, uniforms, pay, admin. But please don't forget the most important thing: YOU. Be honest about the changes in you and in others but also, be gracious with the same. You can do this!

Of course, if you are unsure, reach out to a friend, family member, or shipmate. If you think there's no one, then know there are Navy chaplains standing by. Our primary purpose is to make you a priority in moments like these, to be the voice to remind you that you are not alone, and that your life is a gift!

V/r & Peace,

ECRC Command Chaplain

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Prior to Arrival to ECRC - Tips



- **Attend Deployment Readiness Training (DRT)**
 - Good info for you and spouse, meet others who are mobilizing and have done so multiple times!
- **Plan intentional time with loved ones/family**
 - Spouse/partner/kids/friends/coworkers.
 - Get away from life routine if possible!
 - Cost Effective idea: Navy CREDO Marriage, Family weekends. (Only cost is getting to retreat!) <http://www.navy.mil/local/chaplaincorps/CREDO-Map.html>
- **Plan intentional time for you**
 - Time to check in with how you're feeling about the deployment, what you want to do before "going downrange."
 - People who can listen: chaplains, clergy, counselors, Military OneSource, etc



Prior to Arrival to ECRC - Tips



- **Important Conversations to have**
 - Expectations about communication on deployment
 - Identify important dates occurring on deployment and how to recognize celebrate
 - The “Caring Conversation 3”: (You know who these people are)
 - “I appreciate you for....”
 - “I forgive you for.....”
 - “I will miss you when/because.....”
 - “I love you”
- **Don’t forget Spiritual Wellbeing! (What kind of chaplain would I be if I didn’t mention to stay connected to your religious and spiritual practices, if that is important to you?!)**



Processing Week at ECRC



Provide:

- **ECRC Chaplain available on deck.**
- **NAVSTA Norfolk Chapel: Services**
 - Catholic Mass: 0930 Sundays, 1130 Wednesdays
 - Protestant Worship: 1030 Sundays
 - Jewish: 1930 Friday evenings
- **Religious Ministry Resources**
 - Bibles, prayerbooks, devotional resources

Facilitate:

- **Connection to chaplain support in deployment area**
- **Counseling Services: PHOP**
- **Fleet and Family Support Center**
- **ECRC Family Readiness**
- **USO**



Processing Week at ECRC



CARE

- Pastoral Care/Counseling
- Prayer, faith specific worship (dependent on Chaplain on deck)
- Warfighter Resiliency training

ADVISE

- Assist with how to prepare yourself for deployment: **YOU ARE THE NAVY'S MOST IMPORTANT ASSET!!**



Processing Week Tips



- Take advantage of “white space” in the processing week.
 - Physical, emotional, mental, and spiritual well-being
- Connect with other deployers – You belong to the Reserve Force “Tribe”
 - We care and support each other
 - Build resilience and toughness together!
- Engage our staff!
 - There isn’t much they haven’t dealt with with respect to taking care of your mobilization concerns



Pre-Deployment Resources



- **ECRC Family Readiness:** Mr. Jack Wood, 757-341-7450
- **Military One Source:** <http://www.militaryonesource.mil/>
- **Suggested Books:**
 - Tribe: On Homecoming and Belonging by Sebastian Junger
 - Rising Strong by Brene Brown
 - I Miss You: A Military Kid's Book About Deployment by Beth Andrews
 - Hero Mom by Melinda Hardin
- **ECRC Chaplain's Office**
 - 757-341-7458